
Brief Infant Sleep Questionnaire (BISQ)

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Purpose The instrument is intended to serve as a screening tool in a variety of pediatric settings. Consisting of only a few items, the survey asks parents about their child's sleeping location, position, and schedule during the past week. The tool can be used for both clinical and research purposes.

Population for Testing The test is designed for infants between 0 and 3 years of age.

Administration Completion of the pencil-and-paper form should require about 5–10 min, and is performed by the child's parent or guardian.

Reliability and Validity Sadeh [1] conducted a study in which high test-retest correlations were found ($r > .82$). Additionally, items asking about number of night-wakings and nocturnal sleep duration both appear to be especially relevant to assessing differences between clinical and control groups: Based on these measures, participants were assigned to the correct group at a rate of 85%.

Obtaining a Copy A published copy can be found in an article by Sadeh [1].

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Scoring Based on comparative analyses performed between the BISQ and other infant sleep measures, developer Sadeh [1] suggests several clinical cutoffs: If the child wakes more than three times a night, spends more than 1 h in wakefulness each night, or receives less than 9 h of sleep during each 24-h period, a further clinical referral should be considered.

Reference

1. Sadeh, A. (2004). A brief screening questionnaire for infant sleep problems: validation and findings for an internet sample. *Pediatrics*, 113(6), e570–e577.

Representative Studies Using Scale

- Mindell, J. A., Telofski, L. S., Wiegand, B., & Kurtz, E. S. (2009). A nightly bedtime routine: impact on sleep in young children and maternal mood. *Sleep*, 32(5), 599–606.